

FOR IMMEDIATE RELEASE

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Have Happy Holidays Don't have the Blues

Lincoln - The holidays may be merry and bright, but for some people, they can be lonely, stressful, anxiety-filled and fatiguing.

Unrealistic expectations, extra shopping, and pressure to enjoy family and friends can cause a case of the holiday blues, said Scot L. Adams, director of the Division of Behavioral Health at the Nebraska Department of Health and Human Services.

"We all want the perfect holiday, but often that is not realistic," he said. That stress can cause headaches, irritability and anxiety. The number one thing is to take care of yourself."

Tips for dealing with the holiday blues:

- Reduce the expectations of yourself and others.
- It's OK to say no.
- Talk to someone supportive.
- Find time to relax.
- Exercise.
- Eat healthy, balanced meals; don't overindulge in the sweets.
- Get extra sunlight.
- Take time out for the things you enjoy.

"Have happy and safe holidays," Adams said. "Plan ahead to do things that will help make them a time of peace and good will."

Resources to help people cope can be found at the Network of Care on the DHHS website at www.dhhs.ne.gov/networkofcare. The Nebraska Family Helpline is another resource that is answered 24/7 at 1-888-866-8660.